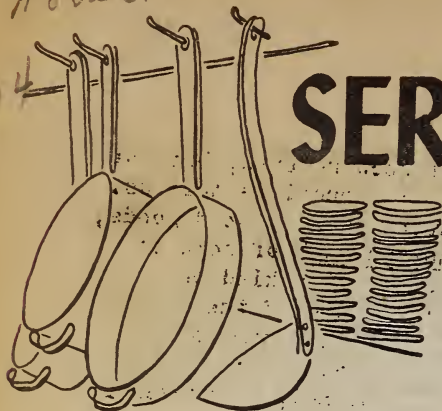


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SERVING MANY

Food news for food managers in industrial plants, restaurants, hotels, and hospitals

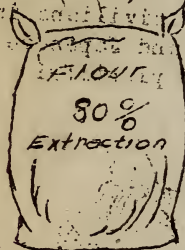
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MARCH 1946

NEWS FROM THE FOOD FRONT

Everyone of us who read the President's address on the food situation, emphasizing the necessity for the United States to help feed the starving peoples overseas, should be aware that industrial feeding operators and industrial workers both must face some adjustment in their food habits in the plant and at home.



Coming Soon

The first change from wartime food usage was caused by the President's wheat conservation order to extract 80 percent of the wheat grain instead of the 72 percent milled during the war. This will produce a cream-colored flour. Loaves of bread baked by grain experts of the Department of Agriculture at Beltsville, Md. laboratories were examined and tasted by Secretary Anderson. He took sample loaves of this bread to the White House for President Truman's approval.

The new flour which will be milled beginning March 1, 1946, will be more creamy in color than white flour, but will have a very similar flavor.

The enrichment program will be continued so that wheat flour will contain the same amounts of supplemental vitamins and minerals as "white" flour, and in addition it will have some protein of better quality than our former white flour.

The Department of Agriculture has reinstated set-aside orders on certain meats and fats essential for export to war-torn countries that have little or none of those foods. Beginning March 3, pork cuts equivalent to 13 percent of the live weight of hogs slaughtered each week by Federally inspected slaughterers will be set aside to help fill export requirements. Thirty-seven States having a larger pork output will be included in this order. Southern States with insufficient pork supplies to meet the demand will not be affected.

Abundant Foods

Food supplies in 1946 will equal American nutritional requirements, but not American buying power, the nutritional and agricultural economists tell us. We will get all we need of meats, poultry, fish, butter, fats, canned goods, and sugar, but perhaps not as much of some of them as we want, or the particular kind we desire. With the economic future of the United States and of her allies at stake, some sacrifices by civilians now is a small price to pay to feed hungry men and thereby help to preserve the peace and security of the world.



Among foods expected to be in abundant supply throughout the country this month will be eggs, frying chickens, "Tom" turkeys, rolled oats, and processed citrus products. Fresh citrus fruits and white potatoes will be plentiful near

the growing areas. Due to the shortage of refrigerator cars, shipments of fresh fruits and vegetables are being curtailed, and may be in somewhat short supply in regions far from where they are grown.

Serve Eggs and Egg Dishes on the Cafeteria Menu

Some of the popular meat cuts may be less plentiful because of military needs for the Army of Occupation and the nutritional needs of civilians in the occupied countries, as well as peoples freed from German and Japanese aggression. It is good to learn that eggs are expected to be plentiful during March.

Eggs are among our most popular foods, as well as being highly nutritious. Two eggs are about equivalent to a serving of cooked meat in protein content, are high in iron, and supply valuable B complex vitamins, as well as furnishing Vitamin A and usually Vitamin D. Fried and scrambled eggs, stuffed egg salad, poached eggs with a vegetable plate, chopped egg salad or sliced egg sandwiches, egg cutlets, scalloped eggs, egg omelet, cheese and other souffles, are acceptable ways of using eggs on the industrial cafeteria lunch menu.



Make it an egg sandwich

Hard-cooked eggs may be offered on the mobile unit lunch and at the lunch counters for mid-shift meals and for between-meal snacks.

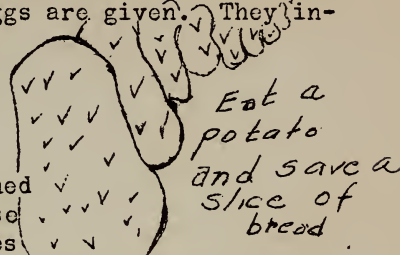
Egg-filled sandwiches are always popular for lunch and snack service and stuffed egg and sliced egg salads make delicious main-course dishes, accompanied by fresh green and yellow vegetable salads, fresh tomatoes or tomato aspic, fruit salad, or potato salad, either hot or cold.

One egg with ham, bacon, sausage, scrapple or baked hash, or corned beef hash, extends the meat, and makes a universally appealing combination at breakfast, lunch, or dinner.

Menus and Recipes Using Abundant Foods

The suggested menus for special lunches this month emphasize the use of abundant foods, especially fryers, eggs, potatoes, fresh and processed citrus fruits, and rolled oats. Recipes for dishes using eggs are given. They include a popular "Pumpkin Cake" served in the Western Union Telegraph Company lunch rooms, which is highly praised by our Industrial Feeding Specialists in the Northeast who have sampled it.

Dietitians of Government Services, Inc., have furnished us with two of their favorite standardized main-course egg dishes, "Egg cutlets" and "Egg pie." These dishes are popular at the Department of Justice, the Social Security Board, and the Navy Department cafeterias. These are 3 of the 55 or more employee cafeteria units operated by Government Services, Inc., under the supervision of the Federal Government. Government Services, Inc., feeds more workers than any other employee-feeding organization in the United States.



Publications on Eggs

Industrial feeding managers and industrial dietitians will find these publications and releases of the U. S. Department of Agriculture, Washington 25, D. C., on eggs and poultry, of value.

1. "Egg Dishes for Any Meal" - AWI-89. Revised August 1944. No charge.
2. "Fact Sheet on Poultry" - PMA, November 1945. No charge.
3. "Tips on Cooking Fryers and Broilers" - PMA, Industrial Feeding Division, 150 Broadway, New York 7, New York. No charge.
4. "Poultry Cooking" - Farmer's Bulletin No. 1888. No charge.



Other Publications

1. "How to Store and Take Care of Eggs" - War Shipping Administration, Food Control Division, 1945. Washington 25, D. C. No charge.
2. "Life and Health from Food" - The New England Poultry and Egg Institute, 711 Boylston Street, Boston 16, Mass. No charge.

- 4 - M E N U

1.

Roast pork
Spiced apple sections
Mashed potatoes* and gravy
Crisp carrot sticks and celery hearts
Enriched bread with butter or
fortified margarine
Raspberry sherbet
Beverage

3.

Boiled dinner:
Beef brisket with yellow turnips,
potatoes*
Shredded carrot and raisin salad
Enriched bread with butter or
fortified margarine
Chocolate nut pudding
Beverage

5.

Fried fish fillet with tartar sauce
Scalloped potatoes*
Buttered spinach (or other greens)
Corn bread with butter or fortified
margarine
Orange chiffon pie 2/
Beverage

7.

Boston baked beans with salt pork
Buttered broccoli
Sliced tomato salad with cottage cheese
Oatmeal muffins with butter or
fortified margarine
Fruit gelatine with whipped cream
Beverage

9.

Veal loaf with tomato sauce
Parsley buttered potatoes*
Buttered peas
Whole-wheat rolls with butter or
fortified margarine
Butterscotch cream pie 4/
Beverage

2.

Egg* cutlets 1/
Baked potatoes*
Mixed green salad with shredded
cheese garnish
Whole-wheat rolls with butter or
fortified margarine
Sponge roll with lemon* filling
Milk

4.

Frankfurters with chili sauce
Sauerkraut
Mashed potatoes*
Enriched bread with butter or
fortified margarine
Blueberry turnover
Milk

6.

Roast shoulder of lamb with dressing
Oven browned potatoes* with gravy
Orange* and grapefruit* salad
Whole-wheat bread with butter or
fortified margarine
Baked cup custard 4/
Beverage

8.

Fried chicken* with milk gravy
Mashed potatoes*
Fresh green lima beans (or frozen)
Hot biscuits with butter or
fortified margarine
Ice cream or sherbet
Beverage

10.

Oyster stew (or corn chowder)
with crisp crackers
Enriched bread with butter or
fortified margarine
Egg* and celery salad garnished
with carrot sticks and sweet
pickle rings
Prune whip
Beverage

11.

Corned beef with green cabbage
Potatoes* in jackets
Carrot sticks and dill pickles
Enriched bread with butter or
fortified margarine
Warm gingerbread topped with apple
sauce 4/
Milk

13.

Creamed eggs* on melba toast
Baked potatoes*
Cabbage and green pepper slaw
Oatmeal* bread with butter or forti-
fied margarine
Pumpkin cake 1/
Beverage

12.

Grapefruit juice or 1/2 grapefruit
Pork chop sucy with boiled rice 3/
Cabbage relish
Whole-wheat rolls
Custard pie 4/
Beverage

14.

Fricassee of lamb with potatoes,*
onions, and celery
Glazed carrots
Enriched rolls with butter or
fortified margarine
Pineapple sundae
Beverage

15.

Broiled fish with lemon* butter
Parsley potatoes*
Fresh Brussels sprouts (or other green vegetable)
Whole-wheat bread with butter or fortified
margarine
Fresh fruit cup with oatmeal* squares 2/
Milk

1/ See attached recipes.

2/ See February 1946 issue of "Serving Many."

3/ See "Making the Most of Meats in Industrial Feeding."

4/ See "Saving Sugar in Industrial Feeding."

* The asterisk after certain foods in these menus indicates foods that are
in national abundant supply.

RECIPES FOR DISHES MADE WITH EGGS

Egg* Cutlets 1/

<u>Ingredients</u>	<u>Amounts for 100 portions</u>
Thick cream sauce (12 ounces flour and 8 ounces chicken fat and 2 gallons milk)	1 gallon
Eggs, hard cooked, peeled and coarsely chopped	7 dozen
Salt	4 ounces
Pepper, white	1/2 teaspoon
Cornstarch	6 ounces
Water, cold	8 ounces
Egg wash:	
Eggs	1 dozen
Cold water	8 ounces
Fresh bread crumbs	as required

Size of portions - 4 ounces cutlet and 2 ounces sauce.

Approximate cost per serving as of 1/15/46 - \$.065.

Method:

1. Make thick cream sauce with chicken fat, flour, salt, pepper and milk.
2. Chop eggs coarsely and fold them into the cream sauce. Then add a paste made of the cornstarch and cold water and cook stirring constantly until the mixture is very thick.
3. Pour the egg mixture into well-oiled pans to cool. When the mixture is chilled, dip with a No. 12 dipper. Roll each ball in flour, egg wash and fresh bread crumbs. Shape in cutlet form.
4. Fry to a golden brown in deep fat.
5. Serve with Creole sauce.

1/ Courtesy Government Services, Inc.

Egg Pie 2/

<u>Ingredients</u>	<u>Amounts for 100 portions</u>
Onions, chopped	1 pound, 5 ounces
Butter, margarine, or poultry fat	5 ounces
Cream sauce, medium thick	2-2/3 gallons
Eggs, hard cooked, peeled and sliced	8 dozen
Carrots, diced	8 pounds
Peas, frozen	8 pounds
Pastry	6 pounds, 11 ounces

Size of portion - 6 ounces

Method:

1. Brown chopped onions lightly with fat.
2. Blend the onions with the cream sauce.
3. Fold the sliced eggs into the cream sauce.
4. Mix prepared carrots and peas and dip with a No. 16 scoop into individual baking dishes.
5. Add 4 ounces of the egg mixture to each dish.
6. Cover with round of pastry.
7. Bake at 400° F. for about 30 minutes.

2/ Courtesy of Government Services, Inc.

Pumpkin Cake 3/

Ingredients.

Filling:

Sugar, brown
Ginger
Nutmeg
Cinnamon
Cloves
Salt
Pumpkin
Eggs
Milk

Amounts for
100 portions:

10 pounds
3 ounces
3 ounces
3 ounces
1-1/2 ounces
8 ounces
4 #10 cans
5 dozen
3 gallons

Crust:

Cake flour
Baking powder
Salt
Sugar
Shortening
Eggs, whole
Milk
Vanilla

6 pounds
2 ounces
2 ounces
2 pounds
2 pounds
1 dozen
1-1/2 quarts
2 ounces

Method of making filling:

1. Beat lumps out of brown sugar in mixing bowl using low speed. Add all spices and salt. Mix at medium speed until blended.
2. Turn machine to low speed. Add pumpkin, then unbeaten eggs, then milk gradually blending them together.

Method of making crust:

1. Mix all dry ingredients together.
2. Add shortening to flour mixture, and mix till coarsely granular.
3. Mix unbeaten eggs, milk, and vanilla and combine with the pastry mixture.
4. Chill. Roll out paste to fit two 17 inch by 25 inch by 1 inch baking pans.
5. Fill pastry sheet $\frac{3}{4}$ full of filling.
6. Bake in 400° F. oven for about 15 minutes.
7. Turn temperature down to 350° F. and cook 1 hour and 45 minutes, or until custard is set and crust is a golden brown.

3/ Courtesy of the Western Union Telegraph Company, New York, New York,
Mrs. Bess Coughlan, Restaurant Manager.

